

# Love Languages

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Adapted from Gary Chapman's The Five Love Languages-  
How to Express Heartfelt Commitment to Your Mate

## The 5 Languages of Love

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service
- Physical Touch

## Words of Affirmation

- **Actions:**
  - **Compliments**
  - **Words of Encouragement**
  - **Requests rather than Demands**
- **Reactions:**
  - **Creates Intimacy**
  - **Heal Wounds**
  - **Brings out the full potential of your mate**

## Quality Time

- **Actions:**
  - **Spend quality time Sharing**
  - **Spend quality time Listening**
  - **Participate in joint Meaningful Activities**
- **Reactions:**
  - **Creates a Sense of Caring for each other**
  - **Creates a Sense of Enjoyment of each other**

## Receiving Gifts

- **Actions:**
  - **Visual Symbols of Love**
  - **Purchased or Made**
  - **Your Own Presence & Availability to your Spouse**
- **Reactions:**
  - **Demonstrates you Care**
  - **Represents the Value of your Relationship**
  - **The Act of Giving & Receiving of Gifts**

## Acts of Service

- **Actions:**
  - **Freely Given**
  - **Freely Received**
  - **Completed as Requested**
- **Reactions:**
  - **Creates a Sense of Importance for the other**
  - **Heals Wounds**
  - **Creates a Sense of Sharing in life together**

## Physical Touch

- **Actions:**
  - **A Small Touch**
  - **A Kiss**
  - **Holding Each other**
  - **Sexual Intimacy**
- **Reactions:**
  - **A Sense of Being Cared For**
  - **A Sense of Communication**
  - **A Sense of feeling Safe**

